YORK PACER 3100

FOLDABLE TREADMILL

YORK® FITNESS

INSTRUCTION MANUAL

06 / 2002

Product may vary slightly from countries.

COMPLIES WITH EUROPEAN STANDARD EN957-1+6 (H) CLASS C

YORK PACER 3100 TREADMILL

SAFETY GUIDELINES:

Please read and follow the following safety guidelines:
Before beginning any exercise program, you should consult with your doctor.
It is recommended that you undergo a complete physical examination.
Read this owner's manual and follow the instructions.

- **Assemble and operate the YORK PACER 3100 on a solid, level surface.**
- **Always allow a clear space measuring 1m wide and 2m long immediately behind the YORK PACER 3100.**
- **The treadmill will not sperate without the power lead. Always remove the power lead when not in use and store away from children.**
- **Never allow children on or near the treadmill.**
- **You will need at least one person to help you assemble this unit, two would be better.**
- **The treadmill running belt will not stop immediately if any object becomes caught in the belt of rollers.**
- **Always check the treadmill before using it.**
- **Make sure all parts are assembled, and nuts and bolts are tightened.**
- **Do not use the treadmill if the unit is disassembled in any way.**
- **Keep hands away from moving parts.**
- **The weight limit for this treadmill is 225 lbs (100 kgs).**
- **Wear proper workout clothing: Do not wear loose clothing.**
- **Do not wear shoes with leather soles or high heels. Tie all long hair back.**
- **Don't rock the unit from side to side.**
- **Care should be taken when mounting and dismounting the unit.**
- **Do not place any liquid on any part of the treadmill.**
- **To prevent shock, keep all electric components, such as the motor, cord and switch away from water.**
- **Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.**
- **Work within your recommended exercise level, do NOT work to exhaustion.**
- **If you feel any pain or abnormal systems, STOP YOUR WORKOUT IMMEDIATELY. Consult your physician immediately.**
- **Turn off the treadmill while adjusting or working near the rear roller.**

WARNING

This appliance must be EARTHED.---IMPORTANT

The YORK PACER 3100 is designed for the use and enjoyment of the serious trainer as well as the dedicated user. By following the above precautions and using good judgement and common sense, you will have safe and pleasurable exercise regimen with the YORK PACER 3100.

CARE AND MAINTENANCE

Use a warm damp cloth with mild detergent to keep your YORK PACER 3100 clean.

TOOLS REQUIRED

The tools enclosed in the carton are one multi-purpose spanner (which has a screwdriver function) and one allen key.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.

YORK FITNESS

HELP LINE (8:30am- 4:30pm)

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN11 4YB ENGLAND
TEL: (01327) 701-824
FAX: (01327) 706-704
E-MAIL: helpdesk@yorkfitness.co.uk

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INTRODUCTION

YORK PACER 3100 TREADMILL has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding of the benefits of exercising by carefully reading the instructions given in this manual.
Please familiarize yourself with the maintenance advice provided for you.

SPECIFICATIONS

POWER SUPPLY : AC 240V
MOTOR RATING : AC 3/4 HP, 50 CYCLE
SPEED CONTROL : MANUAL
ELEVATION : MANUAL (4 POSITIONS)
SPEED RANGE : 3.0 ~ 9.0 KPH

WATER BOTTLE
ON/OFF SWITCH
HANDLE BAR WITH FOAM GRIP
COMPUTER SHOWS SCAN, TIME, DISTANCE, CALORIES, SPEED & PULSE(OPTION)
LOCK PIN TO SECURE MAIN FRAME WHEN FOLDED UP
HANDLE BAR POST
FOLD TREADMILL UP AND STAND VERTICALLY AGAINST A WALL FOR STORAGE
NON SLIPPING FOOTPAD
RUNNING MAT
REAR ROLLER GUARD
TRANSPORT WHEEL
FIXING KNOB--- LOOSEN TO FOLD UP TREADMILL.
MAIN FRAME
INCLINE ADJUSTMENT KNOB
MAT ADJUSTING BOLTS-- ADJUST MAT TENSION & TO CENTRALIZE MAT

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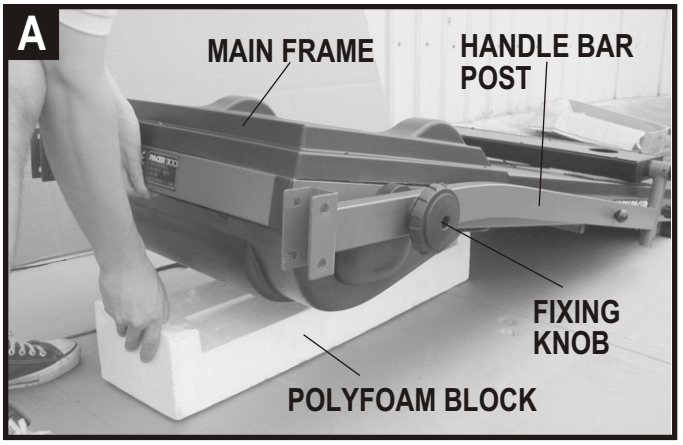
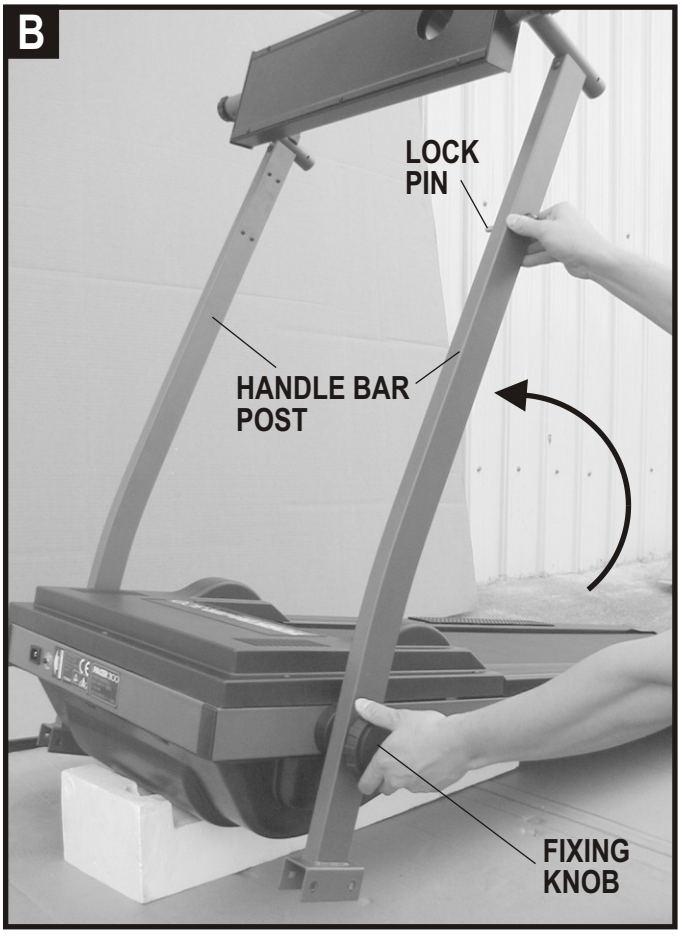
GENERAL

REMOVE ALL THE PARTS OF YOUR TREADMILL FORM THE CARTON AND PLACE THEM ON THE FLOOR CAREFULLY!!
ASSEMBLING YOUR TREADMILL IS SIMPLE, PLEASE NOTE THAT THE MAIN FRAME IS HEAVY; WE RECOMMEND THAT YOU GET SOMEONE TO HELP YOU WHEN ATTACHING THE FRONT STABILIZER TO THE MAIN FRAME.
FOLLOW THESE INSTRUCTION CAREFULLY AND IT SHOULD TAKE YOU AROUND 10-15 MINUTES.

ASSEMBLY INSTRUCTION





ATTACH THE FRONT STABILIZER

NOTE: The main frame is heavy, you may need someone to help you.

- **Raise the front of the treadmill and place a polyfoam block (from the carton) underneath the treadmill.**
- **Loosen the two fixing knobs on both sides of handle bar post.**
- **Pull the lock pin on handle bar post then raise the handle bar posts upright carefully as shown.**
- **Tighten the two fixing knobs to secure the handle bar posts in position.**

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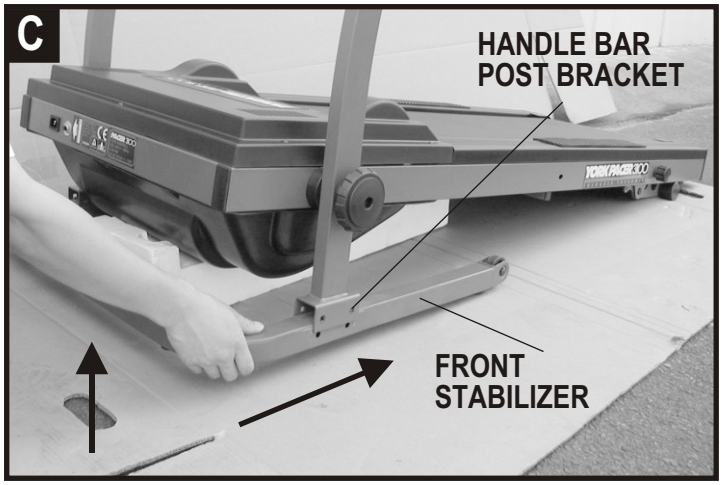
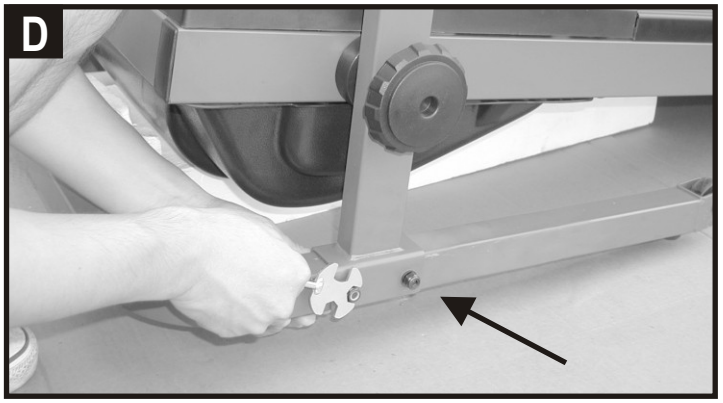


■ **Place the front stabilizer in position - align the holes in the brackets with the holes in the front stabilizer.**



■ **Fasten with four carriage bolts, washers and locknuts.**

<u>NOTE:</u> Make sure you fasten the carriage bolts securely to avoid shaking and discomfort when running.

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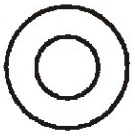

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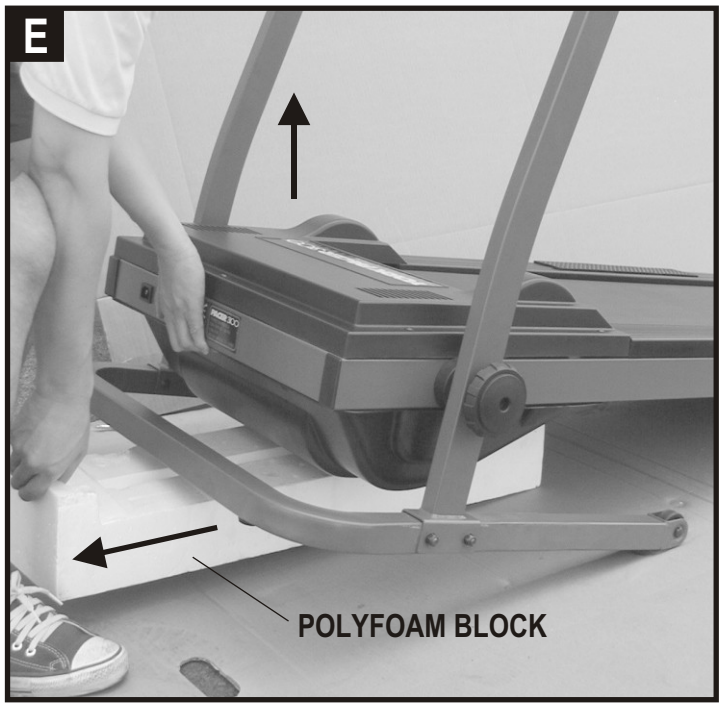

<u>NOTE:</u> The main frame is heavy, you may need someone to help you do this.

■ **Raise the front end of the treadmill and remove the polyfoam block from underneath of the treadmill.**

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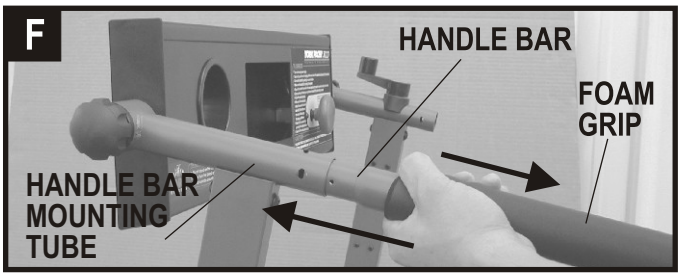

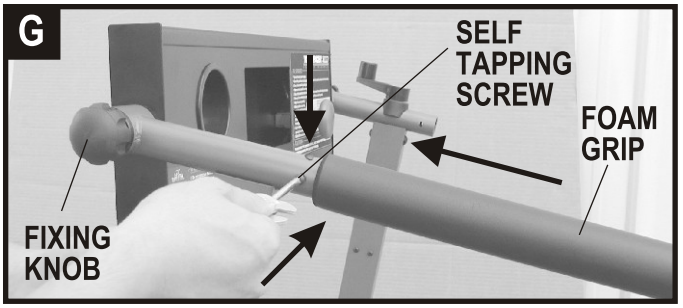

ATTACH THE HANDLE BARS

- Slide the foam grip backward slightly before attaching the handle bars.
- Attach the handle bar into the handle bar mounting tube and secure, using two self tapping screws.

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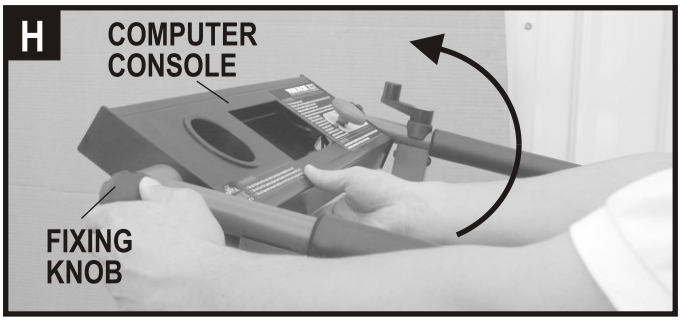
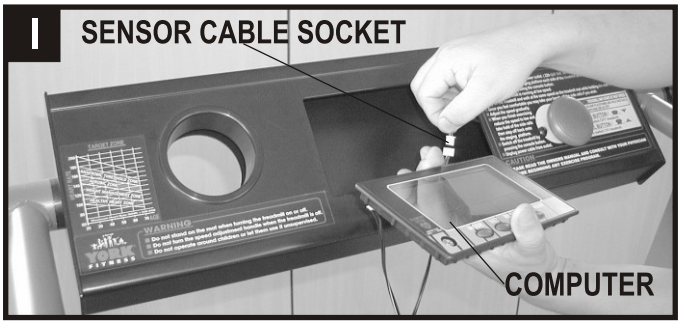
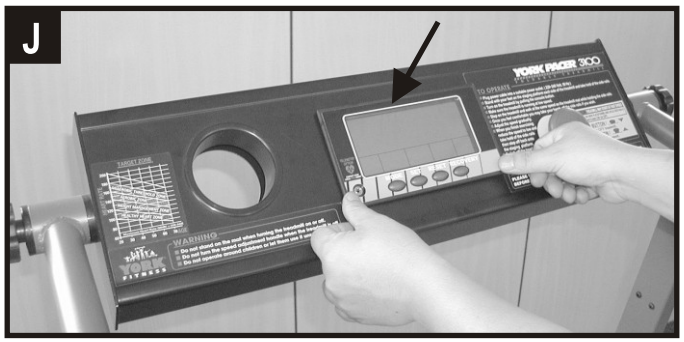
- Slide the foam grip forward to cover the self tapping screw.







ATTACH THE COMPUTER

- Loosen the fixing knobs on both sides of the computer console.
- Rotate the computer console upwards to the desired position and secure, by tightening the two fixing knobs.
- Connect the computer cable plug and sensor cable socket protruding from the computer console.
- Attach the computer in position on the computer console.

  NOTE: TAKE CARE to ensure the cable does not get trapped when you attach the computer.
- Attach the ear lobe pulse sensor plug to the computer.
- Place the water bottle in position on the computer console.

RECHECK

- Recheck that all the bolts are tightened securely for your safety and comfort!!
- Plug power cable into a suitable mains socket (220-240Volt 50 Hz).
- Before you step on the treadmill for the first time pull the red START/STOP button to turn on the treadmill, and then allow the treadmill to run for 10 minutes without anyone on the treadmill.
- Check that the mat is tightened properly and runs smoothly.

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OPERATING INSTRUCTIONS

The following procedure has been proven to be the safest and easiest method of mounting the treadmill. For your protection, carefully read and follow these simple steps:

CAUTION: Treadmill may start at fast speed. Stand on side platforms, and hold side rails when switching treadmill off or on.

1. Be sure the treadmill is positioned on a flat, level surface, and that it is set on the proper speed and incline for your individual exercise requirement.

2. Plug in the treadmill power cable to a suitable power outlet. (220 - 240 VOLT, 50Hz).

3. Turn on the treadmill power switch, which is located near where the power cable attaches to the treadmill.

4. Straddle the running mat with your feet firmly planted on the right and left staging platforms. Stand close enough so you can extend your arms to touch the computer, START/STOP button and the speed adjustment handle.

CAUTION: Do not stand on the mat during the preliminary test.

5. Follow the instructions written on right side of computer console "TO OPERATE".

6. Pull red START/STOP button to the "ON" position.

7. Place your weight on the right foot, extend the left onto the walking platform one normal step ahead of you. Allow the left leg to follow the platform mat movement. Repeat this manoeuver several times until you become familiar with the required pace.

8. Once you determine the pace, simply follow the "in motion" leg with the stationary leg in a normal walking manner. Continue to grip the handles firmly until you are walking normally. After gaining stability and confidence, release your grip on the handles and let your arms swing freely and naturally at your side.

NOTE: Walking straight on the treadmill is aided by focussing on a stationary object across the room in front of you.
Walk as if you were approaching that object.

9. To adjust the speed simply start the treadmill and turn speed adjustment handle---
To increase speed - Turn speed adjustment handle clockwise.
To decrease speed - Turn speed adjustment handle anti-clockwise.

WARNING: Do not turn the adjustment handle when the treadmill is off.
This may cause the motor to overload at turn on.
If this occurs, the power switch will automatically shut the treadmill off.
To restart, turn the speed adjustment handle to maximum speed (ccw) and then reset the power switch before restarting treadmill.

10. IN AN EMERGENCY
In an emergency take hold of the handrails and place your feet on the side rails provided, once you are stable, push the stop button. The treadmill will then begin to decelerate until it stops.

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HOW TO ADJUST THE MAT ALIGNMENT AND TENSION

The alignment and tension of the platform mat (walking surface) has been set prior to shipping. Should improper tracking of platform mat occur (walking surface moving too far to right or left on platform) or if you find that the mat slips when you get on, these problems can be corrected as follows:

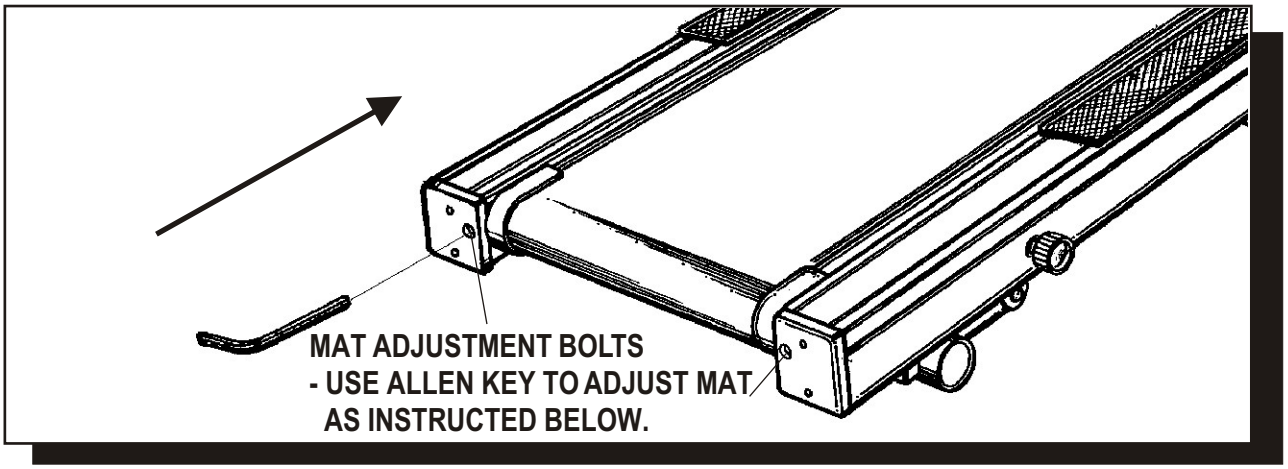
■ **Locate the adjustment screws on the end of the main frame.**

CAUTION: Adjust the mat when treadmill is running at low speed.
Keep others away from the treadmill.

MAT SHIFTED DURING TRANSPORTATION

During transportation, the mat may have shifted to one side.
Carefully tip the unit to one side and check to see that the walking mat is resting on the two guide hooks welded under the frame.
If you find that the mat has indeed shifted, simply pull the mat toward the center of the unit, lift up on the mat , and reposition it so that it is once again resting on the guide hooks.
Plug the cord into the outlet and pull the switch "ON".
Allow the mat to run for several revolutions and notice if it returns to center position properly.
If the mat does not return to the center position, carry out the steps for: "MAT MOVES TO LEFT" or "MAT MOVES TO RIGHT".

Be sure that you adjust by "½ turn only each time" to avoid over correcting.



MAT MOVES TO RIGHT

If your mat tends to move to the right, then adjust the right screw by turning it ½ a turn clockwise.

We recommend adjustments of ½ turn only at a time, then test each time.
If your mat continues to move to the right, simply adjust the left adjustment screw, by turning ½ turn counterclockwise, then test each time.

MAT MOVES TO LEFT

If your mat tends to move to the left, then the adjustment of the right screw is necessary by turning counterclockwise.

We recommend adjustments of ½ turn only at time, then test each time.

If the mat continues to move to the left, simply adjust the left adjustment screw, by turning ½ turn clockwise, then test each time.

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NOTE: **For most people, one of your legs is stronger than the other, the treadmill mat may tend to track to that side because of the extra pressure exerted by your stronger leg.**
If this occurs then either dismount treadmill and allow mat to track back to middle, or exert pressure to side of belt with other leg to track belt back to middle.
Or adjust the mat to compensate following instructions for mat moves right or left.

MAT TOO LOOSE

If your mat appears to be loose, simply tighten both screws by an equal amount ½ a turn clockwise at a time then test.

MAT TOO TIGHT

If it appears tight, simply loosen both screws by an equal amount ½ a turn anti-clockwise at a time then test.

MAT STICKY (DOES NOT RUN SMOOTHLY)

You may feel after a period of time (depending on how often you use the machine) that the mat feels "sticky".
Simply spray a light covering of silicone between the mat and the running board.
This procedure may be repeated as necessary.

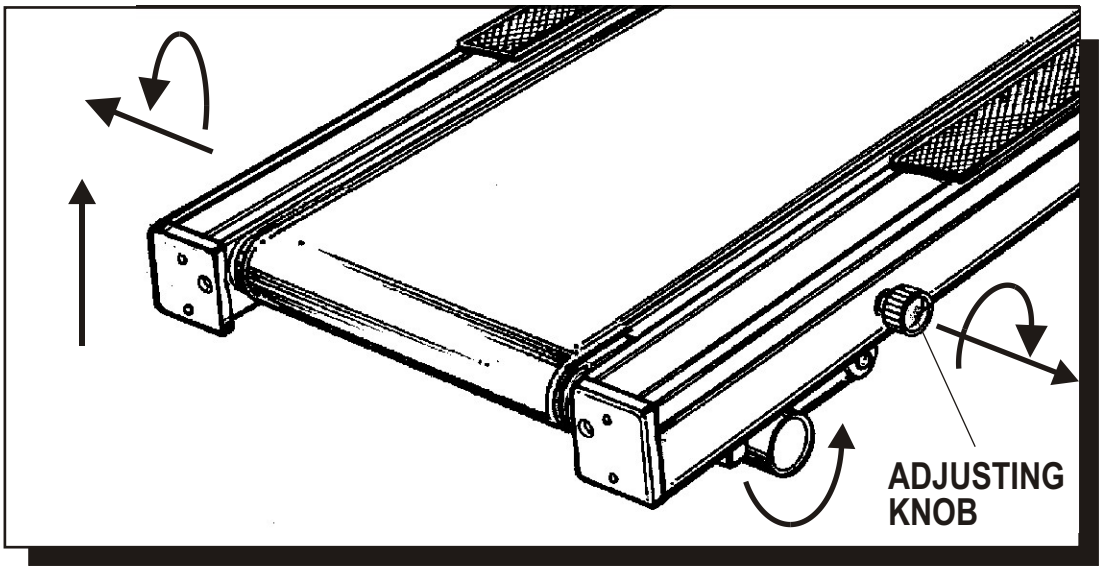
HOW TO ADJUST THE INCLINE

1. Right Side: **Pull knob and rotate a half turn, (This keeps the knob in its "unlocked" position.)**

2. Left Side: **Pull knob whilst adjusting the stabilizer bar to desired height then release the knob. Make sure it clicks firmly into position.**

3. Right Side: **Rotate knob back a half turn until it clicks firmly into position.**

4. Check the knob on both sides are fully engaged and secured before using the treadmill.



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HOW TO GET OFF THE TREADMILL

The following procedure has been proven to be the safest and easiest method of dismounting the treadmill. For your protection, carefully read and follow these simple steps.

1. Turn treadmill to low speed.

2. Firmly grip handles to support yourself.

3. Remove your trailing foot from the walking platform and place it on the foot pad on the side of the treadmill.
This is very easy to do because the natural movement of walking will have shifted your weight onto the foot that just stepped forward.

4. Shift your weight to the stationary foot on the foot pad, and remove the other foot from the walking platform and place it on the other foot pad.
You should now be in the starting position.

5. Push START/STOP button "OFF" then unplug treadmill from the power outlet when finished.

IN AN EMERGENCY

In an emergency take hold of the handrails and place your feet on the side rails provided, once you are stable, push the stop button. The treadmill will then begin to decelerate until it stops.

CARE AND MAINTENANCE

Use a warm damp cloth with mild detergent to keep your YORK PACER 3100 treadmill clean.

Do not clean between the mat and running board---
The silicone lubricant is needed for smooth movement of the mat.

Check parts for wear before use.

If in doubt do not use the treadmill and contact our helpline.

Pay particular attention to the fixing knobs and make sure they are tight.

Always replace the mat if worn and any other defective parts.

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YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

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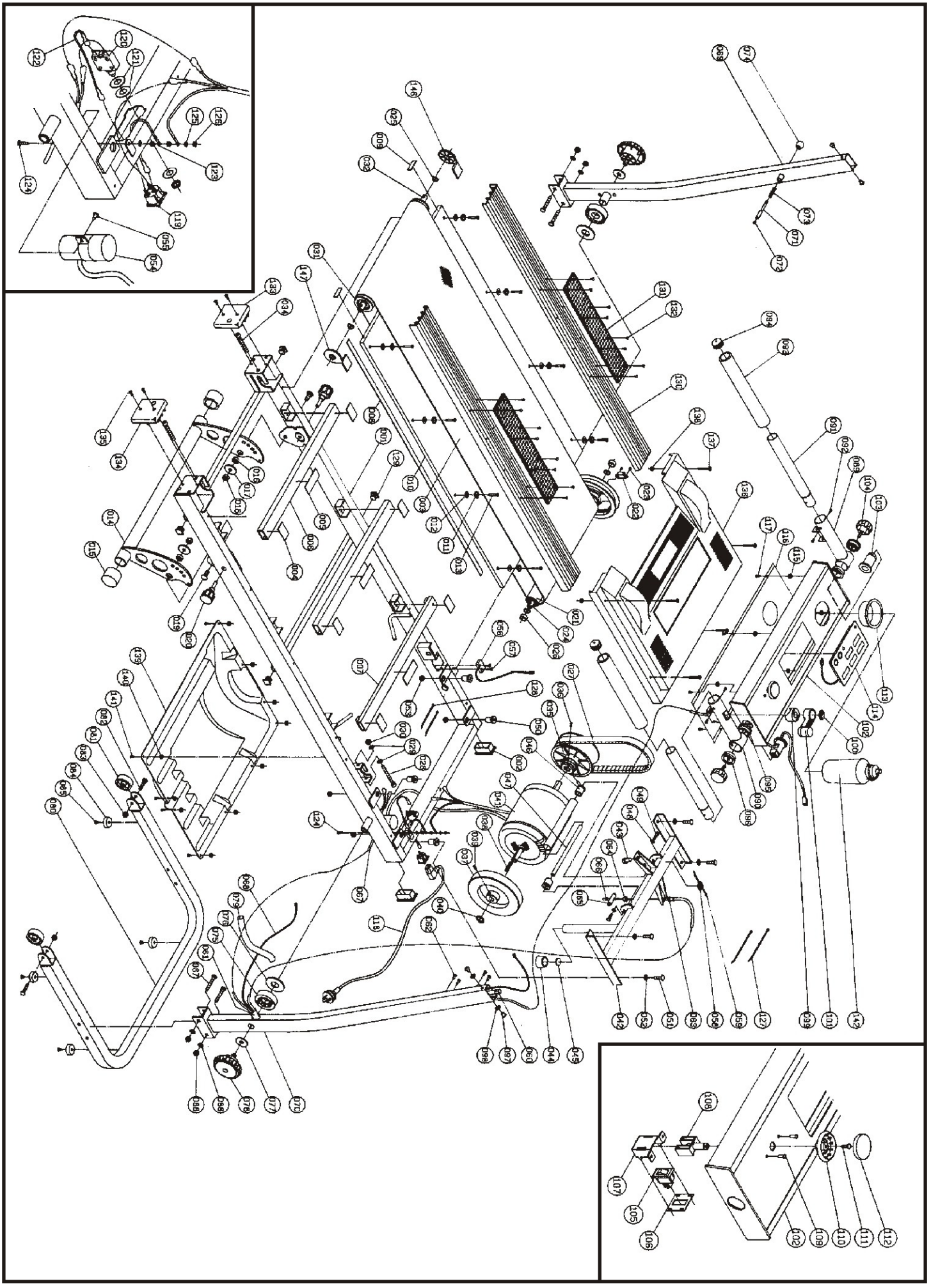
DESCRIPTION



PARTS LIST

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
1	5510-01	1	MAIN FRAME
2	5510-02	2	SIDE FRAME END CAP
3	5510-03	1	RUNNING MAT
4	5510-04	6	SINGLE SIDE FOAM TAPE (L=50mm)
5	5510-05	3	SINGLE SIDE FOAM TAPE (L=80mm)
6	5510-06	2	RUNNING BOARD SUPPORT
7	5510-07	1	FRONT RUNNING BOARD SUPPORT
8	5510-08	2	SINGLE SIDE FOAM TAPE (L=1050mm)
9	5510-09	2	SINGLE SIDE FOAM TAPE (L=20mm)
10	5510-10	1	FRAME BOARD
11	5510-11	8	20mm X 12mm CAP WASHER
12	5510-12	8	5.3mm X 18mm FLAT WASHER
13	5510-13	8	3/16" X 1 1/4" SELF TAPPING SCREW
14	5510-14	1	REAR STABILIZER ASSEMBLY
15	5510-15	2	REAR STABILIZER CAP
16	5510-16	2	19.6mm X 10mm METAL BUSH
17	5510-17	2	10.5mm X 38mm FLAT WASHER
18	5510-18	2	M10 LOCKNUT
19	5510-19	2	10mm X 25mm CARRIAGE BOLT
20	5510-20	2	PULL RELEASE PIN
21	5510-21	1	FRONT ROLLER
22	5510-22	1	MAGNET
23	5510-23	2	3mm X 6mm MACHINE SCREW
24	5510-24	1	FRONT PIVOT SHAFT
25	5510-25	4	16.7mm ROLLER WASHER
26	5510-26	4	ROLLER SPACER
27	5510-27	1	DRIVING T-BELT
28	5510-28	1	5/16" X 3" ADJUSTMENT BOLT
29	5510-29	4	8.2mm X 16mm WASHER
30	5510-30	1	5/16" LOCKNUT
31	5510-31	1	REAR ROLLER
32	5510-32	1	REAR PIVOT SHAFT
34	5510-34	2	5/16" X 2 1/2" ADJUSTMENT BOLT
35	5510-35	1	MOTOR PULLEY
36	5510-36	2	6mm X 12mm FIXING SCREW
37	5510-37	1	FLYWHEEL
38	5510-38	1	5mm X 30mm FIXING PIN
39	5510-39	2	6mm X 10mm FIXING SCREW
40	5510-40	1	15mm C-SPRING CLIP
41	5510-41	1	MOTOR
42	5510-42	1	MOTOR SUPPORT FRAME
43	5510-43	1	RUBBER STOPPER
44	5510-44	1	41mm X 40mm END CAP
45	5510-45	1	RUBBER END CAP WASHER
46	5510-46	2	25mm X26mm RUBBER BUSHING
47	5510-47	1	PIVOT ROD
48	5510-48	2	5/16" SPRING WASHER
49	5510-49	2	8mm X 20mm HEX HEAD BOLT

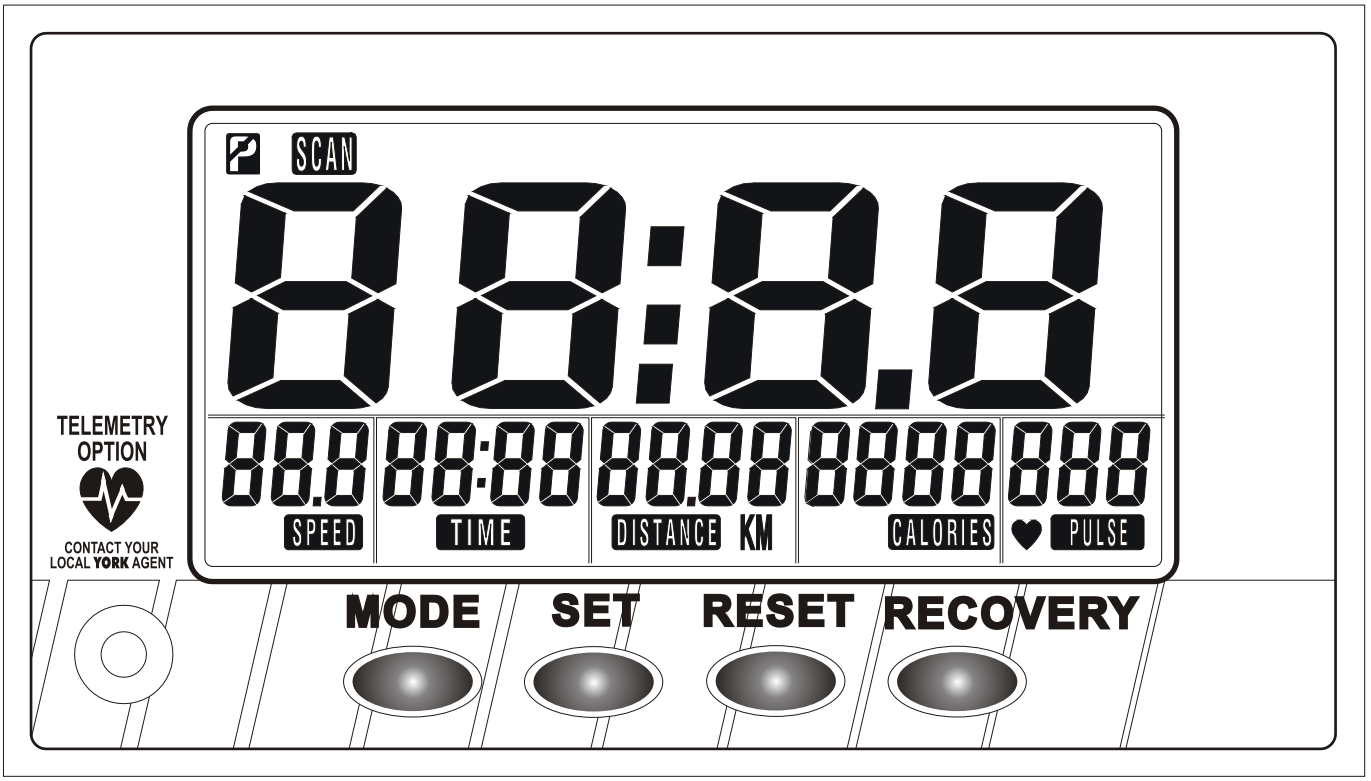
KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
50	5510-50	4	RUBBER BUSHING
51	5510-51	4	8mm X 30mm HEX HEAD BOLT
52	5510-52	4	8.2mm X 16mm WASHER
53	5510-53	4	M8 NYLON LOCK NUT
54	5510-54	4	FIXING RING
55	5510-55	4	3/16" X 1/2" MACHINE SCREW
56	5510-56	1	SENSOR
57	5510-57	2	3mm X 8mm SHEET METAL SCREW
58	5510-58	1	CALBE TIE PAD
59	5510-59	2	CALBE TIE
60	5510-60	1	SPEED ADJUSTMENT ASSEMBLY
61	5510-61	1	PE FOAM TUBE
62	5510-62	4	5/32" X 5/8" SHEET METAL SCREW
63	5510-63	1	SPEED ADJUSTMENT CABLE LOCKNUT
64	5510-64	1	M8 LOCKNUT
65	5510-65	1	CABLE FIXING PIVOT
66	5510-66	1	M5 LOCKNUT
67	5510-67	1	POWER CABLE
68	5510-68	1	MIDDLE WIRE
69	5510-69	1	LEFT HANDLE BAR POST
70	5510-70	1	RIGHT HANDLE BAR POST
71	5510-71	1	PULL PIN
72	5510-72	1	PULL PIN PAD
73	5510-73	1	PULL PIN SPRING
74	5510-74	1	PULL PIN END KNOB
75	5510-75	2	MAIN FRAME SPACER
76	5510-76	2	MAIN FRAME PAD
77	5510-77	2	38mm FIXING WASHER
78	5510-78	2	FIXING KNOB
79	5510-79	1	CABLE COVER
80	5510-80	1	FRONT STABILIZER
81	5510-81	2	MOVING WHEEL
82	5510-82	2	8mm X 35mm HEX HEAD BOLT
83	5510-83	6	M8 LOCKNUT
84	5510-84	4	FRONT STABILIZER PAD
85	5510-85	8	3/16" X 1/2" SHEET METAL SCREW
86	5510-86	4	8.2mm X 16mm WASHER
87	5510-87	4	8mm X 55mm CARRIAGE BOLT
88	5510-88	4	M8 NYLON NUT
89	5510-89	1	LEFT HEADLE BAR BRACKET
90	5510-90	1	RIGHT HANDLE BAR BRACKET
91	5510-91	2	HANDLE BAR
92	5510-92	4	4mm X 12mm SHEET METAL SCREW
93	5510-93	2	HANDLE BAR FOAM GRIP
94	5510-94	2	HANDLE BAR END CAP
95	5510-95	2	CONSOLE INSERT BUSH
96	5510-96	2	HANDLE BAR INSERT BUSH
97	5510-97	4	8mm X 10mm ALLEN HEAD BOLT
98	5510-98	4	8.2mm X 16mm WASHER

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
99	5510-99	1	SPEED ADJUSTMENT BASE
100	5511-100	1	KNOB LABEL
101	5511-101	1	SPEED ADJUSTMENT KNOB
102	5510-102	1	COMPUTER CONSOLE
103	5510-103	2	CONSOLE PIVOT SHAFT
104	5510-104	2	CONSOLE FIXING KNOB
105	5510-105	2	ON/OFF POWER SWITCH
106	5510-106	1	SWITCH FIXING PANEL
107	5510-107	1	SWITCH FIXING BASE
108	5510-108	1	SWITCH PULL PIN ASSEMBLY
109	5510-109	2	3/16" X 1/4" SHEET METALSCREW
110	5510-110	1	ON/OFF PULL/PUSH SWITCH
111	5510-111	1	4mm X 15mm SHEET METAL SCREW
112	5510-112	1	SWITCH END CAP
113	5510-113	1	WATER BOTTLE HOLDER
114	5510-114	1	COMPUTER
115	5510-115	6	RUBBER WASHER
116	5510-116	1	CONSOLE BUTTOM PANEL
117	5510-117	6	4mm X 12mm SHEET METAL SCREW
118	5510-118	1	POWER PLUG
119	5510-119	1	POWER SOCKET
120	5510-120	1	MOTOR RELAY
121	5510-121	2	12.7mm X 26mm WASHER
122	5510-122	1	LIVE WIRE
123	5510-123	1	EARTH WIRE
124	5510-124	1	M4 X 16" MACHINE SCREW
125	5510-125	1	5.3mm X 10mm WASHER
126	5510-126	3	M4 X 3.2 MUT
127	5510-127	2	LONG CLIP STRAP
128	5510-128	2	SHORT CLIP STRAP
129	5510-129	4	END CAP
130	5510-130	2	SIDE PANEL
131	5510-131	2	ANTI-SLIPPING PAD
132	5510-132	16	M3.5 X 10mm MACNINE SCREW
133	5510-133	1	LEFT REAR END CAP
134	5510-134	1	RIGHT REAR END CAP
135	5510-135	4	3/16" X 1/2" MACHINE SCREW
136	5510-136	1	SHROUD
137	5510-137	5	3/16" X 1 3/4" SHEET METAL SCREW
138	5510-138	2	RUBBER WASHER (TOP COVER)
139	5510-139	1	BUTTOM COVER
140	5510-140	10	RUBBER WASHER (BOTTOM COVER)
141	5510-141	10	4mm X 12mm SHEET METAL SCREW
142	5510-142	1	WATER BOTTLE
143	5510-143	1	SCREW DRIVER
144	5510-144	1	M6 L-WRENCH
145	5510-145	1	10 / 13mm WRENCH
146	5510-146	1	LEFT ROLLER GUARD
147	5510-147	2	RIGHT ROLLER GUARD

YORK PACER 3100 TREADMILL
COMPUTER INSTRUCTION

INTRODUCTION

**Your computer is ideal for monitoring your performance and setting yourself targets.
By measuring your pulse rate you can ensure you exercise within your range.
At the same time you can monitor closely your improving condition and
cardiovascular fitness.**



TO START/ **Press SET button to activate unit.**
The computer will automatically start/stop when you exercise.

B. FUNCTION BUTTONS

MODE: **Guides you through each display function.**
Your computer will change modes in the following order.

SCAN ▶ TIME ▶ DISTANCE ▶ CALORIE ▶ PULSE

SET: **Allows you to set the target values for TIME or DISTANCE or CALORIE & PULSE.**
Please make sure computer is in the " STOP " status, before using this key
If you hold this key continuously for 2 seconds the digit value will increase quickly.

RESET:
1. **Press RESET to reset each single mode from computer.**
2. **Press and hold RESET for several seconds to reset all of the target values in the computer.**

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

RECOVERY: The time it takes you to recover after exercise is an indication of your fitness level. The computer is equipped with "RECOVERY" to measure your heart rate recovery time, you can use this feature to compare your recovery rate over a period of time e.g. When you first start to train and again after a few weeks training. To make an accurate comparison you should really exercise at the same speed and load, and for the same amount of time, e.g., 10 minutes, at load 3. For an approximate comparison it is not necessary to use the pulse sensor during the exercise period. When you finish exercising, put your ear lobe pulse sensor, press "RECOVERY" and the computer will continue to monitor your pulse. When the computer has counted down to 0.00 the screen will display a heart rate recovery grade from F1 to F6
(F1 being good and F6 poor).
Press the "RECOVERY" button again to return to main functions.

SETTING FUNCTIONS

You can set a target time, distance or calories on your computer.
When you start exercising the computer will begin to count down from your target to zero.
When it reaches zero an alarm will beep.

SCAN Automatically scans all functions in sequence displaying your progress without requiring you to press the mode key.

SPEED The speed is shown in KPH when the PACER 3100 is in use. *(Max 99:9 KPH).*

TIME Counting commences when the PACER 3100 is active. *(Max 99:59 MIN).*

To set timer countdown select 'TIME' using MODE button.
Enter required time target by pressing SET button. *(Max 99:00 MIN).*

DISTANCE Distance is automatically displayed in KM, when the PACER 3100 is in use. *(Max 99.99KM).*

To set target distance select 'DISTANCE' function using MODE button.
Enter desired distance by pressing SET button. *(Max 99.50KM).*

CALORIES Approximate calories consumed is displayed, once the PACER 3100 is in use. *(Max 9999 CAL.)*

To set target consumption select "CALORIE" using MODE button.
Enter target calories to be consumed using SET button. *(Max 9990 CAL.)*

(This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)

PULSE (USE THE EAR LOBE SENSOR) When using the 'PULSE' function a "♥" is displayed, and your current heart rate is shown.

The user may need to consult a doctor before using this equipment.

The user can set a heart rate target.
To set your target pulse select "PULSE" function using MODE button.
Enter target pulse by pressing SET button. *(Max. 240)*

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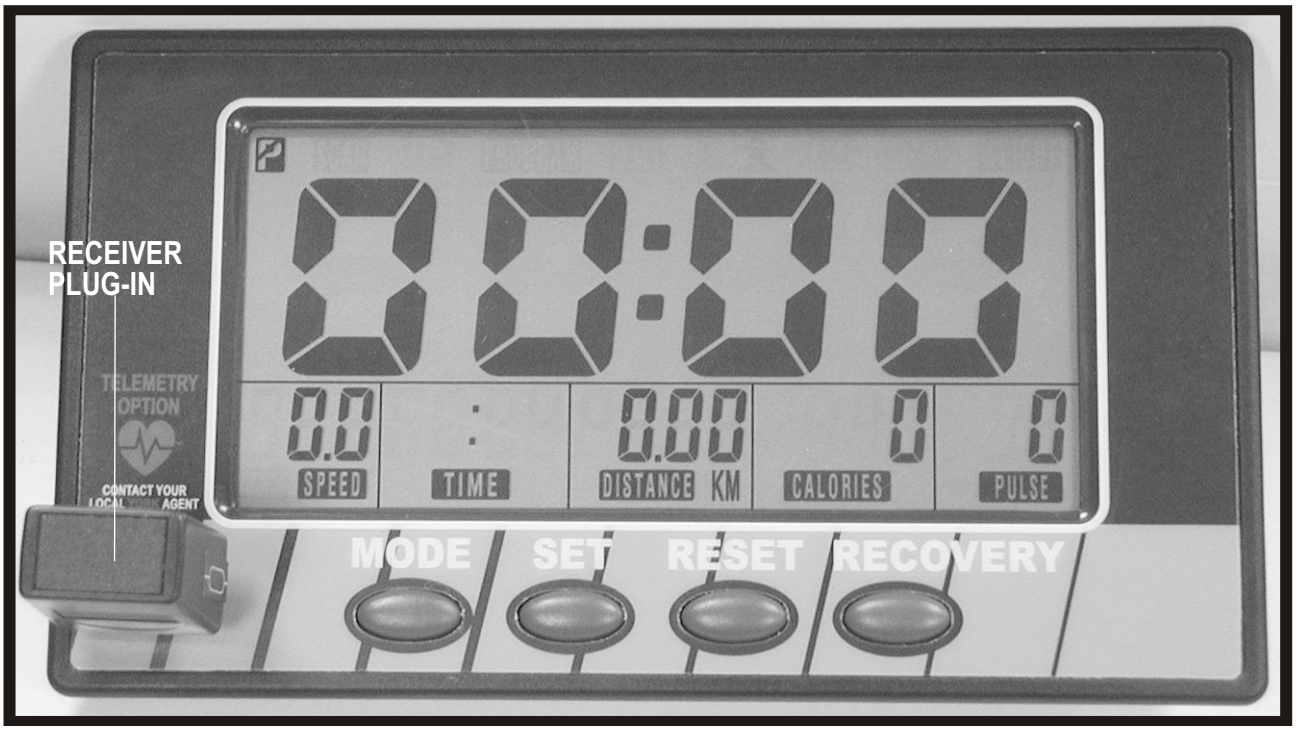
TELEMETRY OPTION



A chest belt transmitter, which can monitor the heart rate to ECG accuracy, can be purchased for use with this computer. The ultra lightweight transmitter is worn on the chest, a receiver plugs into the computer and the readout is displayed on the computer screen.
Contact the YORK Help Line or your local YORK Dealer and ask for item #5103 TELEMETRY SET.

YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN11 4YB ENGLAND
TEL: (01327) 701-824
FAX: (01327) 706-704
E-MAIL: helpdesk@yorkfitness.co.uk

YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (AUST.) LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO, N.S.W. 2566 AUSTRALIA
TEL: (02) 9603-8444
FAX: (02) 9603-8555
E-MAIL: paulyork@ozemail.com.au

NOTE:

1. **When targets / limits have been reached an alarm will sound.**
2. **Without any signal for 5 minutes, the LCD display will shut off automatically, with all values reserved. Press any key or start running to reactivate.**
3. **The computer is equipped with an auto start / stop devise. It will activate when you start to run and switch off some time after you stop running.**
4. **The mode function will only work when all activity has stopped.**
5. **If the display becomes faint, replace the batteries.**
6. **Battery spec: 2 AA size.**

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EXERCISE GUIDE

FITNESS

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles. Your muscles use this oxygen to provide enough energy for daily activity.
This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently.
This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart.
This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life.
When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

HOW TO IMPROVE YOUR FITNESS

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.
You can measure your heart rate by taking a pulse reading.
Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.
To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.
The area between these 2 levels is called the target zone.
It is important to exercise at the right intensity to stay within this zone.

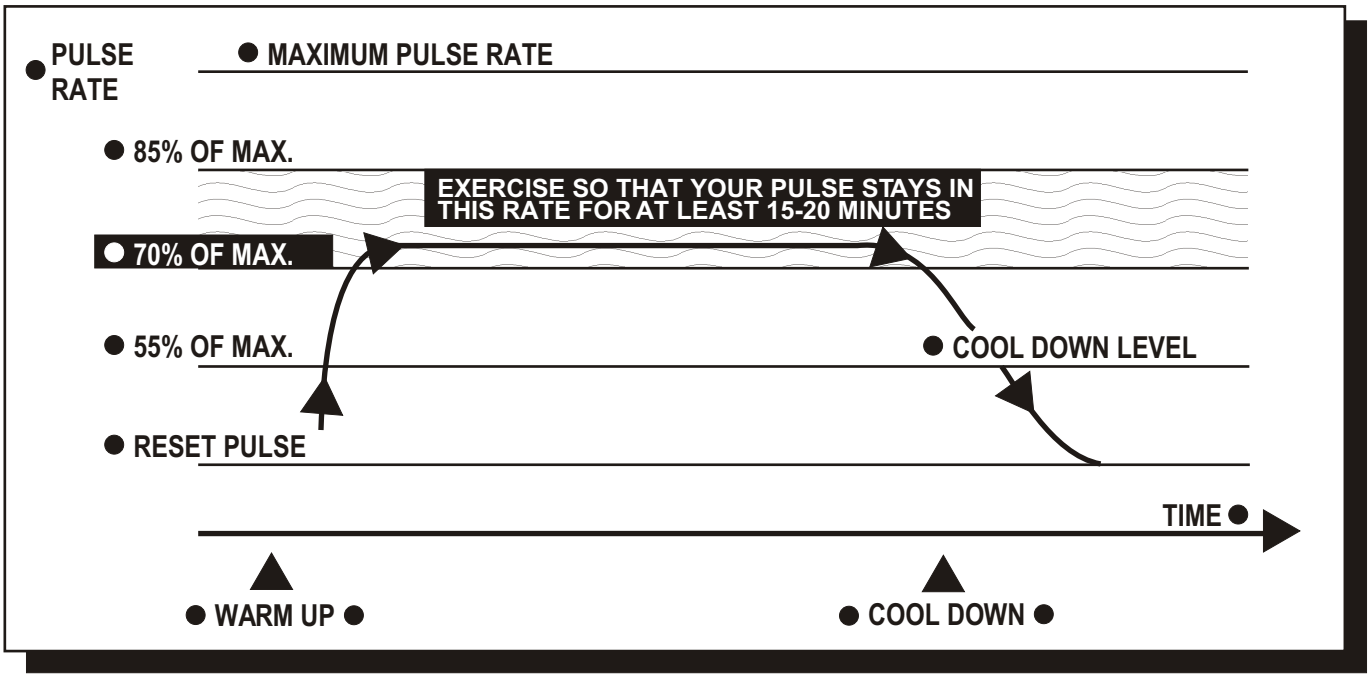
For the best results you should exercise within the target zone and gradually increase the duration.
Ideally you should aim to exercise (within zone) for at least 15-20 minutes continuously,
3-4 times per week.

CAUTION

DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP.
IF YOU BECOME ILL, IF YOU ARE UNDER DOCTOR CARE, OR OVER 35-40 AND NOT CURRENTLY TAKING REGULAR EXERCISE THEN WE WOULD ADVISE YOU NOT TO START TO EXERCISE WITHOUT CONSULTING YOUR DOCTOR.

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.
REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

HEART ZONE SELECTION GUIDELINES

In order to set your personal target heart zone, you will need to:
- Calculate your maximum heart rate.
- Select a zone based on your current fitness level.

Calculating your maximum heart rate

The standard method for calculating heart rate training zone is based on estimating maximum heart rate using the formula 220 minus the persons age in years. Some practitioners believe that a woman estimated maximum heart rate can be calculated more accurately by using 226 instead of 220.
The important issue with all estimating calculations is that in reality they can vary by plus or minus 15 bpm and at best are only an indication of actual results.

Estimated Maximum Heart Rate = 220 - Age (Year)

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

SELECTING THE ZONE

If you have not exercised for some time begin your exercise program in the Healthy Heart Zone. Start for the first few weeks, and gradually progress up to the zone that meets you personal fitness goal.

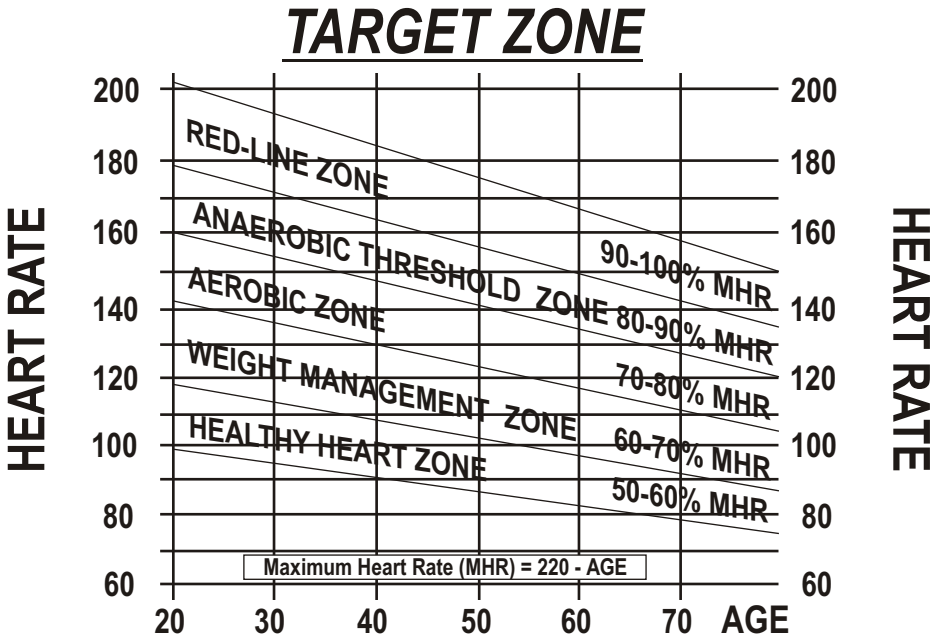
ZONE 1.- HEALTHY HEART - 50 to 59% of Max Heart Rate.
If you are a beginner with the goal of improving overall fitness, losing weight or reducing stress, exercise in this zone.

ZONE 2.- WEIGHT MANAGEMENT - 60 to 69% of Max Heart Rate.
If you already exercise regularly with the aim of losing body fat, exercise in this zone.

ZONE 3.- AEROBIC - 70 to 79% of Max Heart Rate.
Progress to this zone if your goal is to improve your aerobic conditioning.

ZONE 4.- ANAEROBIC THRESHOLD - 80 to 89% of Max Heart Rate.
This is the zone in which to improve anaerobic threshold. Exercising I this zone requires a high degree of fitness, and should not be used by those who are unfit.

ZONE 5.- RED LINE - 90 to 100% of Max Heart Rate.
For professional supervised athletes only.



Max HR	Age	Percentage of Max Heart rate (Beats per Minute)				
		Healthy Heart	Weight Loss	Aerobic	Anaerobic	Red line
		50 - 59%	60 - 69%	70 - 79%	80 - 89%	90 - 100%
155	65	78 - 93	94 - 109	110 - 124	125 - 139	140 - 155
160	60	80 - 96	97 - 112	113 - 128	129 - 144	145 - 160
165	55	83 - 99	100 - 116	117 - 132	133 - 148	149 - 165
170	50	85 - 102	103 - 119	120 - 136	137 - 153	154 - 170
175	45	88 - 105	106 - 123	124 - 140	141 - 157	158 - 175
180	40	90 - 108	109 - 126	127 - 144	145 - 162	163 - 180
185	35	93 - 111	112 - 129	130 - 147	148 - 166	167 - 185
190	30	95 - 114	115 - 133	134 - 152	153 - 171	172 - 190
195	25	98 - 117	118 - 137	138 - 156	157 - 175	175 - 195
200	20	100 - 120	121 - 140	141 - 160	161 - 180	181 - 200
205	<18	101 - 121	122 - 141	142 - 162	162 - 182	183 - 205

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HOW TO MONITOR YOUR HEART RATE DURING EXERCISE

Now that you know where your training zone is, you'll l have to monitor yourself to be sure you're in it. Here's a simple rule, if you can't hold a conversation without gasping for breath you're probably above your training zone.

To know precisely where you're working - making sure you're getting all the benefits -
We recommend you check your heart rate periodically throughout your workout.
You can use the electronic pulse monitor which will count and display your heart rate for you.

CONTROL YOUR PULSE RATE TO KEEP WITHIN ZONE

How hard you exercise affects your pulse rate, it is determined by two thing:

1. Rate: How fast you exercise.
e.g. Speed you cycle, run or step.

2. Load: The resistance against which you exercise.
e.g. Tension you apply on cycle, step or run up hill.

THE PULSE RATE RULES

If your pulse rate is too low exercise faster or increase load.
If your pulse rate is too high exercise slower or decrease load.
If your pulse rate goes up towards the end of your exercise, you are trying to exercise for too long, shorten the time.
If your pulse rate does not quickly return to normal after exercise (5-10 minutes) you are not giving your body chance to recover, reduce how often you exercise.

REMEMBER - GENERAL FITNESS IS BEST IMPROVED BY INCREASING HOW LONG YOU EXERCISE RATHER THAN BY HOW HARD.

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HOW LONG TO EXERCISE?

To qualify as a true aerobic exercise with all the benefits we're mentioned, you must maintain your heart rate within your training zone for at least 12 uninterrupted minutes.

If you exercise longer than 60 minutes the benefits are reduced and the risk of injury is increased.

If you're just starting out on a new exercise program we recommend you stay at the 12 minute minimum for at least a week. When you feel you're ready to go longer, increase your time no more than 10% a week. Don't push yourself too hard.
You should never feel exhausted during or following exercise.

TEST YOUR FITNESS LEVEL AND CHECK YOUR PROGRESS

You can use your computer to control your exercise intensity and to monitor your progress.

The time it takes for your pulse to return to normal, after exercise, is an indicator of your fitness level.
During the first minute of your cool-down phase you will experience a drop in your pulse rate. The bigger the drop in that minute -- the fitter you are.

TO CHECK YOUR PROGRESS:

1. **Monitor your pulse rate the moment you end the aerobic phase of your workout and note your pulse rate.**

2. **Begin slowing down for the cool down phase.**

3. **After 60 seconds note the rate again.**

The bigger the drop in that minute-the fitter you are.

To check your progress repeat this test every few weeks using the same duration and exercise intensity each time.
Keep a record of the results to help you monitor your progress.

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

LIMITED WARRANTY

WARRANTY

YORK BARBELL LTD. warrants this product to be free from defects in workmanship and material, under normal use and conditions, for a period of one year on all steel parts, thirty days on all vinyl and upholstery, and ninety days on all other parts.
This warranty extends to the original purchaser only.
It is recommended that the original receipt be kept with the manual.
YORK BARBELL LTD. will provide a replacement part free of charge when a defect is found during the warranty period. If a repair is necessary, please contact our Customer Service Department.

Under no circumstances will YORK BARBELL LTD. be responsible for damages or failures that occur as a result of improper assembly, or failure to operate the product correctly.
This warranty does not cover misuse, abuse, freight damage and/or alterations or repairs not made by YORK BARBELL LTD. or a recommended service center.
In the event a return is necessary, call our Customer Service Department for further instructions.
Under no circumstances will returns be allowed without the Return Authorization by our Customer Service Department.
Returns must be sent pre-paid, with the original packaging or equivalent.
This warranty does not apply when the product is used for rental or commercial use.
This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

REPLACEMENT PARTS

ORDERING

To order replacement parts, simply call our Customer Service Department.
Monday through Friday, 8:00am until 5:00pm (excluding holidays).
To help us assist you, please have the following information ready:
1) Model: PACER 3100.
2) Serial Number: Located on the front of the main frame.
3) The part description and order number.

REGISTRATION

CONSUMER RESPONSIBILITY

In order to activate your warranty, you must mail in the supplied registration form found on the following page.
Failure to send in the registration form will void your warranty.
Fill in the form and send it to:

CUSTOMER SERVICE DEPARTMENT:

YORK FITNESS
HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN114YB ENGLAND
TEL: (01327) 701-824
FAX: (01327) 706-704
E-MAIL: helpdesk@yorkfitness.co.uk

YORK FITNESS
HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (AUST.) LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO, N.S.W. 2566 AUSTRALIA
TEL: (02) 9603-8444
FAX: (02) 9603-8555
E-MAIL: paulyork@ozemail.com.au

PARTS ORDER FORM

Enclose a check or money order with this form for replacement parts.

Date of purchase _____

Name of location where purchased _____

Model number _____

Last name, First name _____

Telephone number _____

Address _____ **City** _____ **State** _____ **Zip/Postcode** _____

Part No.	Q'ty	Part Description	Unit Price	Total
			Total value of order	

Send your order to:

YORK BARBELL (AUST.) LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO N.S.W. 2566
AUSTRALIA

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY,
DAVENTRY, NORTHANTS,
ENGLAND, NN11 4YB